

## State Meals Program Choice Menus Cook's Menu Version

These menus are each separately analyzed to meet SD's menu goals and any of these menus can be used **to replace** any menu in Cycle A, Cycle B, Cycle C, or Cycle D **or** they may be used **to offer a second choice** to an existing menu on any cycle. They could also be used to add an additional week to any of the existing menu Cycles (A, B, C or D).

Day #	Choice Menus				
#49	<b>½ c Beef Tips &amp; Gravy</b> <b>½ c Potatoes, Mashed (fresh)YA</b> 1 CS ½ c Broccoli & Carrots (1/2 of each) ½ c Peach slices, in light syrup 1 CS 2 sl Whole grain bread 2 CS 2tsp margarine Optional: ½ c SF Jello,1T lite topping	#50 <b>½ c Beef Tips &amp; Gravy</b> <b>½ c Potatoes, Mashed (fresh)YA</b> 1 CS <u>Spinach Salad &amp; Dr.</u> ½ CS ½ c. SF Jello with 1 T Lite Whipped Topping 1 Small Pear Half , drained, light syrup ½ CS 2 sl whole grain bread 2 CS 2 tsp margarine	#51 (see additional #51 choice menu variations on website) <b>1 Pork Cutlet/ChopYA ½ CS</b> <b>1 Pork Dumpling/Sauerkraut (1/4 c.) 1 ½ CS</b> <u>Spinach Salad &amp; Dr</u> ½ CS  <b>½ c Fruit Slush 1 ½ CS</b>  1 sl whole grain bread 1 CS 1 tsp margarine	#52 <b>2 Chicken Enchiladas 2 CS</b> <u>Spinach Salad &amp; Dr</u> topped with 1 hard cooked egg, 2halves ½ CS  Fresh Orange 1 CS <u>Cranberry Orange Bar</u> 1 CS  No bread or margarine	#53 (see additional #53 choice menu variations on website) <b>1 Egg Salad Sandwich 2 CS</b>  <u>½ c Carrifruit Salad</u> 1 CS ½ c. Mandarin Oranges 1 CS 1 medium banana 1½-2 CS  No additional bread or margarine
#54	<b>1 c. Oven Baked Beef Stew 1 CS</b>  <u>½ c,Lime Pacific Salad</u> <u>½ c Fruit Crisp (Peach)</u> 1½ CS  3 Saltine crackers, unsalted top 1 CS  1 sl whole grain bread 1 CS 2 tsp margarine	#55 <b>1 c. Oven Bk Chicken Stew 1 ½ CS</b>  1/2 c. Vanilla Ice Cream 1 CS ½ c. Fruit Crisp 1 ½ CS 6 Saltine crackers, unsalted top 1CS  1 sl whole grain bread 1 CS 2 tsp margarine	#56 (see additional #56 choice menu variations on website) 1 c <u>Chicken&amp;DressingLS</u> 2 CS ½ C <u>Mashed Potatoes</u> 1 CS 3 oz <u>Gravy</u> ½ c Carrots, ckd 2 T. Cranberry Sauce 1 CS ½ c Grapes 1 CS 2 sl whole grain bread 2 CS 2 tsp margarine	#57 (see additional #57 choice variations on website) 1 c. <b>Beef Noodle Stroganoff</b> 2 CS ½ c. Peas 1CS ¾ c serv. <u>Crunchy Cran Salad</u> 1 CS  2 sl whole grain bread 2 CS 2 tsp margarine	#58 (see additional #58 choice variations on website) ½ c <u>Sloppy Joe/Wh Wheat Bun</u> 2 CS ½ c <u>Potato Salad</u> 1 ½ CS 1 c <u>Tossed Salad</u> 1 T. Creamy Italian Dressing ½ c Grape Jc, 1 CS ½ c Cn Pear, light syrup 1 CS  No bread or margarine
# 59 (see additional #59 choice variations on website)	Navy or Pinto Bean Entrees: 2 /12 oz Roast Pork ½ c <b>Navy Bean side dish</b> 1 ½ CS 1 Serv. <u>Spinach Salad &amp; Dr.</u> ½ CS <u>½ c Ckd Apples</u> 1 ½ CS 2 sl whole grain bread 2 CS 2 tsp margarine	# 60 (see additional #60 choice variations on website) <b>1 pc Ham Loaf ½ CS</b> <u>½ c Bk Sweet Potato</u> 1 ½-2 CS ½ c Green Beans, ck, Frz 1 Orange, Med-Lg 1-1 1/2 CS 1 ½ sl whole grain bread 1 ½ CS 2 tsp margarine	# 61 (see additional #61 choice variations on website) <b>1 Baked Steak w/Mushrooms &amp; 3 T. gravy</b> ½ c Mashed Potatoes 1 CS ½ c <u>Glazed Carrots</u> ½ CS ½ c Tomato Juice ¾ c <u>Jello w/Fruit</u> 1 CS 1 sl whole grain bread 1 CS 2 tsp margarine	#62 (see additional #62 choice variations on website) 2 oz (only) <u>Low Sodium Ham</u> 1/2 c. Baked Potato 1 CS 2 T. Light Sour Cream ½ c. <u>Navy Bean Side Dish</u> 1½ CS ½ c Cooked Broccoli 1 serv <u>Cranb Crunch Salad</u> 1 CS 1 Medium Banana 2 CS 1 sl whole grain bread 1 CS 0 margarine - to keep sodium within guidelines	#63 (see additional #63 choice variations on website) ½ c. <b>Scrambled Eggs</b> ½ c. <u>Creamed Potatoes</u> 1/2 c Ckd froz Peas 1 CS 1 serv. Spinach Salad ½ CS ½ c <u>Ck'd Apples</u> 1 ½ CS  2 sl whole grain bread 2 CS 2 tsp margarine
#64 (see additional #64 choice variations on website)	1 piece <b>Oven Omelet</b> 1 CS ½ c <u>Glazed Carrots</u> ½ CS 1 serv <u>Tossed Salad</u> 1 T French, Light, Dressing ½ c Vanilla Ice Cream 1 CS ½ med Banana ½ CS  1 slices whole grain bread 1 CS 1 tsp. margarine	#	# 1 Dinner Roll, whole grain ( 43 g (1 1/3 oz total) 1 CS	# 2 sl. Whole grain bread 2 CS 2 tsp margaine	# 2 sl. Whole grain bread 2 CS 2 tsp margarine

<b>Recipe and menu abbreviations:</b> <b>AP</b> As Purchased <b>EP</b> Edible Portion ~ Approximately <b>CHO</b> Carbohydrate <b>CS</b> Carb Servings	<b>CS</b> = Carb Serving Each CS = <b>~15 grams CHO</b> for diabetics who are controlling CHO intake  <b>LS</b> Low Salt/Low Sodium <b>SF</b> Sugar Free	<b>SF gelatin (Jello) measure:</b> .1 oz = ~7/8 t. .5 oz or ½ oz = 4 2/3 t or ~1 ½ T .6 oz = 5 ½ t Each oz = ~ 3 T 1/8 oz = ~ 1 1/8 t.	Sites that bake bread/rolls: Where 2 slices of whole grain bread are listed a 2 oz whole grain roll may be substituted/ if 1 slice of whole grain bread is listed a small (1 oz) whole grain roll may be served.	<b>SF instant pudding (Jello brand) measure:</b> 1 oz = 5 T or ¼ c + 1T  <b>1 cup nonfat or 1% milk &amp; 1 cup water</b> are included in the analysis each day and should be served daily
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**RECIPES are on website for BOLDED items (new items) and underlined items (on previous menus also) in these menus.**

**All meals include:** 2 serving bread/grain products, 1 tsp. soft margarine/ slice bread, 1 c 1% milk, 1 c water & 1 c coffee unless otherwise noted.  
Where less than 2 slices bread listed other grain products were run in the nutritional analysis. Each1 oz slice bread = ~ 1CS . Each 1 cup 1% or skim millk = 1 CS  
**Record any menu substitutions necessary on the menu substitution form.** Occasional *permanent menu changes are allowed but must be RD approved and signed off with analysis sent to State office upon request.*

**ANY ITEM WITHOUT A RECIPE is to be cooked/prepared without added salt.**

**Check menu ahead and defrost meats 2-4 days (depending on quantity) ahead in refrigerator.**

**Canned Fruits:** Purchase in *extra light syrup* (preferred), light syrup or in water or juice (each 15 grams CHO=1 CS & =~½ c/serv)

**High Vitamin K vegetables:** cooks may offer choice of vegetable when there are high Vit K vegetables on the menu for those who avoid Vit K

**Gelatins** (Jellos) are all **Sugar Free** (SF) on menu; **Pudding mixes** are **Sugar Free** Instant Pudding mixes. This allows for use by more participants, even those with diabetes.

**VEGETABLES are to be frozen or salt free canned. Vegetable Blends** on cycle menus (using mixtures in Nifda brand):  
California Blend = Broccoli, Cauliflower, Carrots; Oriental Blend = Broccoli, Onions, Mushrooms, Green Beans, Winter Blend = Broccoli, Cauliflower, Italian Blend = Italian beans, carrots, \_\_\_\_\_

**Fish:** When fish is on the menu offer a cook’s choice **Low Sodium** (LS) meat for non-fish eaters;  
**Liver:** If the Liver & Onions Choice Menus is used offer a cook’s choice LS meat for non-liver eaters.

## MEASURES:

1 Tablespoon = 1T. = 3 teaspoons = 3 tsp or 3 t.

1 cup = 16 Tablespoons

1 pint = 2 cups

1 quart = 4 cups

1 gallon = 4 quarts = 16 cups

$\frac{1}{4}$  cup = 4 Tablespoons;  $\frac{1}{3}$  cup = 5  $\frac{1}{3}$  Tablespoons;  $\frac{1}{2}$  cup = 8 Tablespoons;

$\frac{2}{3}$  cup = 10  $\frac{2}{3}$  Tablespoons;  $\frac{3}{4}$  cup = 12 Tablespoons

## A PINT is a POUND (of liquid) the WORLD AROUND

Many other solid, heavy measures of 1 pint also = 1 pound

Light things like lettuce salad, etc will not weigh 1 pound for 1 pint

## SCOOPS:

#6 =  $\frac{2}{3}$  cup = 10  $\frac{2}{3}$  T.

#30 = 2 T.

#8 =  $\frac{1}{2}$  cup = 8 T.

#40 = 1  $\frac{2}{3}$  T.

#10 =  $\frac{3}{8}$  cup = 6 T.

#50 = 3  $\frac{3}{4}$  t.

#12 =  $\frac{1}{3}$  cup = 5  $\frac{1}{3}$  T.

#60 = 3  $\frac{1}{4}$  t.

#16 =  $\frac{1}{4}$  cup = 4 T.

#70 = 2  $\frac{3}{4}$  t.

#20 = 3  $\frac{1}{3}$  T.

#100 = 2 t.

#24 = 2  $\frac{2}{3}$  T.

The number on the scoop = # level scoopfuls in 1 quart of product.

For example: eight #8 scoops = 1 quart. 1 quart = 4 cups so, four cups divided by 8 (scoop size) =  $\frac{1}{2}$  cup;  $\frac{1}{2}$  c is the measure of a #8 scoop when level.

## LADLES AND PORTION SERVERS: Spoodles (available solid or perforated):

Fluid Ounces

Approximate Measure

Fl. Oz.

Approx. Meas.

1 oz

$\frac{1}{8}$  cup = 2 T

4 oz

$\frac{1}{2}$  cup = 8 T.

Fl. Oz.

Approx. Meas

12 oz

1  $\frac{1}{2}$  cups

2 oz

$\frac{1}{4}$  cup = 4 T

6 oz

$\frac{3}{4}$  cup = 12 T.

16 oz

2 cups or

3 oz

$\frac{3}{8}$  cup = 6 T

8 oz

1 cup = 16 T

1 pint or 1 pound of liquid